



Self-Care in the Moment

Guide yourself through personalized self-care suggestions from the Longhorn Wellness Center Peer Educators.

How are you currently feeling?

Pretty good/have time for self-care

Bored and/or uninspired

Not feeling my best

Which statement best applies to your current needs/desires?

YES

Have you checked in to make sure your basic needs are met?

NOT YET

I want to stimulate my brain

I need a mood boost

I want help to take action

I want space for self reflection

I want to relax

I want to move my body

5-15 minutes

- Watch a TED Talk
- Read a short story or poem

5-10 minutes

- Listen to a favorite song
- Play with a pet
- Watch a funny YouTube video

5-15 minutes

- Make a prioritized to do list
- Tidy up your workspace
- Splash water on your face

5-15 minutes

- Sit and check in with all thoughts and feelings
- Acknowledge your five senses

5-10 minutes

- [Practice muscle relaxation](#)
- [Follow a short guided breathing](#)
- Make yourself a cup of tea

5-15 minutes

- Sit or walk outside to get some fresh air
- Stretch your body

5-30 minutes

- Drink some water
- Eat a tasty snack
- [Take a power nap](#)
- Take a shower or bath

15+ minutes

- Complete a puzzle
- Listen to a podcast
- Watch a documentary
- Start reading a book
- Try a new creative hobby

10-30 minutes

- Freshen up by showering or changing outfits
- Call a loved one

15+ minutes

- Declutter your room
- Complete a task you've been avoiding

15+ minutes

- Take a drive
- Journal about your feelings

10-30 minutes

- Lay on a hammock
- [Take a power nap](#)
- Wash your face and put on a sheet mask
- Take a shower or bath

15+ minutes

- Take a walk outside
- Follow a workout video
- Play a sport or do an activity you enjoy
- Go for a bike ride

30+ minutes

- Move your body
- Sleep 7-9 hours tonight
- Cook or order a meal
- Call a loved one

30+ minutes

- [Listen to a new playlist](#)
- Go to coffee shop and sit outside
- Watch an episode of TV

30+ minutes

- Take a drive
- [Follow a guided meditation](#)
- [Take a long nap](#)

If you need more urgent support, the [CMHC Crisis Line](#), [UHS Nurse Advice Line](#), and [BCAL](#) are great resources to start with.



The University of Texas at Austin
Longhorn Wellness Center

Counseling and Mental Health Center & University Health Services